

By attending this yoga event or workshop, you acknowledge and agree to the following:

1. Voluntary Participation

Yoga can be physically demanding. By joining this session, you accept full responsibility for your participation and understand there is a risk of personal injury.

2. Know Your Limits

Always practise at your own pace. Listen to your body and avoid any movement or posture that causes pain or discomfort.

3. Speak Up if Needed

If you feel unwell, unsafe, or uncomfortable at any time during the session, please let the instructor know and stop the activity if needed.

4. Modifications Are Encouraged

If a posture isn't suitable for you, please follow any modifications offered by the instructor.

5. Health and Pregnancy Responsibility

Please ensure you are fit to take part. If you are pregnant, have recently given birth, or have any injuries or medical conditions, seek advice from a healthcare professional before participating. Inform the instructor if any special considerations are required.

6. No Medical Advice Provided

Instructors are not medical professionals. Guidance given during the session is not a substitute for medical advice or treatment.

7. Assumption of Risk

By participating, you understand and accept the risks involved and agree to take full responsibility for your health and wellbeing during the event.

8. Personal Belongings

You are responsible for your own belongings. The organisers cannot accept liability for any loss, theft, or damage.

9. Follow Safety Protocols

Please follow all event protocols and instructions to ensure a safe and enjoyable experience for everyone.

□ Thank you for your cooperation and commitment to a safe and mindful practice.